

Experiences Related to The Gateway Experience

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

After listening to Wave I (Discovery) *Gateway Experience*, my meditation is much stronger and deeper than before. The tapes have been wonderful, and I'll be using them for much more than meditation.

I listen to the Discovery tapes 1 and 2 on a daily basis and find them to be well thought out, supportive, and gentle. You are potentially giving listeners the most valuable gift of all: self-knowledge.

Working with the Discovery tapes, I've been feeling generally more relaxed and more comfortable, as if I'm somehow "above" my usual bad feelings. There's a new sense of coming together with myself. Things can be going on all around me without my being disturbed. The first time I listened to the tapes, I was upset and angry at my partner. After the tape was over the anger just was no longer with me, and I was able to sincerely apologize for having been so snappy earlier.

Gateway Experience has brought me results that were totally unanticipated. In addition to my stress level dropping, I've been able to concentrate better and sleep more comfortably. I'm coming to know myself better, and I'm remembering dreams for the first time. There's been a marked improvement in my interactions with other people. My attitude is better. I smile more and feel more open and friendly.

So far, I've completed Wave 1 and Threshold and have achieved the relaxation, awareness, and unusual vibrations. I feel as if I'm reaching for the stars.

Since working with *Gateway Experience*, things have evolved for the better in almost every part of my life. Life has not been treating me differently, but my outlook on the things that happen is different. It's clear that my life is my choice and I can make positive choices regardless of my environment. Other people see and respond to me in that light also, so generally life has been getting better from inside and out.

Over the year that I've been working with Wave 1, I've perceived a lot of loving help coming from the guides and teachers in *Focus 10 (Gateway)*. Now it's time to expand to *Focus 12 (Gateway)*!

Only 10 days after experiencing *Focus 10 (Gateway)* for the first time I notice improved thought retention and a longer attention span, better logic and problem solving ability, and better dexterity

and eye-hand coordination. When I'm working on something, the job is done more easily without much conscious effort on my part. My mind and body seem to be more coordinated. I guess that's what hemispheric synchronization does.

When I listen to the *Gateway Experience* tapes, I'm mostly in a very relaxed and calm state; just there, sensing and observing in a child/student-like manner without anything extraordinary going on. But a lot has been changing in my life when I'm not listening to tapes. I come away from a tape session with the insight that if I allow myself to feel and act as I would like to, I can be that. It's my choice, and not the choice of the world outside. My physical body has been feeling much better. My shoulder joints feel like they have more movement and I have more energy and strength. Before I couldn't walk a mile without my feet hurting. Now I'm jogging about two miles. My self-image is improving, and people are responding to me more positively. I'm developing new habits that are reorganizing daily routines for the better. I'm becoming more focused, find myself planning better and saying no without feeling so guilty. Things don't seem so black and white and I have more respect for different opinions.

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